

# Marinated Beef Kabobs



## Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 4

1/2c soy sauce	2 green onions, finely minced	2 yellow squash, cut into 2" pieces
1/4c sesame oil	1 1/2 pounds beef tenderloin, cubed	1 red bell pepper, cut into 2" pieces
3T balsamic vinegar	8 pieces fresh pineapple, cut into 2" pieces	8 button mushrooms
2T Dijon mustard		8 wooden skewers
3 garlic cloves, minced		

Mix together soy sauce, sesame oil, balsamic vinegar, mustard, garlic and green onions. Pour into large zip~lock bag and add beef cubes. Seal, squeezing out as much air as possible and refrigerate at least 8 hours and up to 48 hours.

Soak wooden skewers in water for 30 minutes. Remove beef from refrigerator and allow to sit at room temperature 1 hour. Thread onto skewers alternating with vegetables and pineapple and place on broiler pan.

Bring marinade to a boil, reduce heat and simmer 10 minutes.

Broil 4~6" from heat for 4~5 minutes, turning after 2 minutes. Brush occasionally with marinade and serve remaining marinade as a dipping sauce on the side.

**Debbie Spangler ~ Certified Personal Chef**

[www.yummyissimo.com](http://www.yummyissimo.com) ~ [debbie@yummyissimo.com](mailto:debbie@yummyissimo.com)